



WINDSOR ELEMENTARY SCHOOL

Dave Heard: Principal
Angela Dukic: Secretary
Shahzyah Juma: Community School Coordinator

Shelley Janvier: Head Teacher
Wendy Linnington: Community Connect Worker
Bill Brassington: School Trustee

**September
2020**

Welcome Back!

It is so lovely to see you back at school – online & face to face. This year is an extraordinary one for all of us, and we are excited to be learning alongside you and supporting families and students.

With regular updates via email, please know that we are here to support you and your family. Currently, after school and parent programs are limited due to restricted building access. Below, is a list of online options for families. We have invited some of our students to Yoga and Felting art classes - which are free and will run during lunch time in October and November.

If you have any questions or concerns, please contact the main office or the community office for resources.



information
children



WORKSHOPS AND PARENT GROUPS – FALL 2020

PARENT COACHING

Walk and Talk in the Park

One to one Parent coaching while enjoying the fresh air and getting some exercise. Book your session by phone or email.

Online through Zoom

Book your session by phone or email.

Phone appointment

Call our helpline or book an appointment for a one on one parent coaching session.

Throughout Fall and weather permitting for Walk and Talk in the Park

NEW PARENTS GROUP – THE FIRST MONTHS

Online

Support group for new parents – recommended for parents with babies ages 0-6 months. Preregistration required.

Tuesday September 22 – October 27 – weekly from 10:30am-12:00

PARENTING THE MIDDLE YEARS

Online

Supportive and educational parenting series for parents with children 6-12 years. Topics covered include socio-emotional development, temperament, parenting styles, stressors of parenting in a pandemic. Preregistration required.

Tuesday September 29 – November 3 – weekly from 1:00pm-2:30pm

CIRCLE OF SECURITY

Evidence based parenting series based on attachment theory.

Online (In collaboration with Parent Support Services BC)

Tuesday October 6 – November 12 – weekly from 10:00am-11:45am
Preregistration/questions daniela.alvarado-tores@parentsupportbc.ca
or call 669-1616 ext 106

In collaboration with East Side Family Place

Friday October 23 – December 11 – weekly from 1:00-3:00pm
Preregistration/questions Gaye Ferguson @ East Side Family Place.
Call: 604-255-9841

INFORMATION CHILDREN

The Canadian Society for Information Children is a registered charity and non profit agency that strives to empower parents and strengthen families by providing information, guidance and support to parents, caregivers and professionals seeking assistance with parenting and family-life challenges. To this end Information Children facilitates workshop series on various topics as well as parenting support groups and operates a helpline, provides e-support, individual parent coaching and distributes pamphlets on child development and parenting topics.

All our services are available at **NO CHARGE** for parents

CONNECT

HELPLINE:
778 782 3548



info@informationchildren.com



www.informationchildren.com



facebook.com/InformationChildren



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After school Program options: Other Online resources

1. Book Club for Kids

Got a bookworm at home or a child you're trying to get more interested in reading? Enter: [Book Club for Kids](#), a free 20-minute podcast with discussions on books, readings from celebrities, and even interviews with authors. Best for ages 8 to 14, there are already more than 100 free episodes—aka 100 book ideas to add to the reading list—available on Apple Podcasts, Spotify, Google Podcasts, or at [bookclubforkids.org](#).

2. Connected Camps

Run by online experts, [Connected Camps](#) offers dozens of interactive, small group programs for kids ages 8 through 17. Prices range from \$48 to \$90 per month for classes on everything from Minecraft to game design to Esports. Kids can even hang out with friends in a free Minecraft server where moderators help to keep them engaged.

3. DIY

Photography, drawing, music, Legos—kids of all ages and skill levels will find a virtual class they like with [DIY](#). Up to four kids can sign up for a 14-day free trial to enjoy unlimited access to all of DIY's content. After your free trial, the cost is \$15 to \$25 per month depending on which plan you choose.

4. UpBrainery

For kids in kindergarten all the way up to ninth grade, [UpBrainery](#) boasts classes in cooking, engineering, the arts, and even homework help. Courses range from \$35 to \$125 and offer the expertise of a live teacher, plus kids can get hands-on kits shipped to their door for immersive follow-along experiences.

5. Beanstalk

Considered by parents as the "Peloton of kids classes," [Beanstalk](#) offers live and interactive classes on everything from animals to pirates for younger kids in preschool up to [first grade](#). Camps and classes—handpicked by childhood development experts—are included in a \$9.95 monthly subscription, though members can also purchase an annual plan for \$95 which donates a full year to a family in need.

6. MarcoPolo World School

With a STEAM—that's science, technology, engineering, the arts, and math—curriculum, [MarcoPolo World School](#) is a digital learning platform with video lessons, games, and 3,000 interactive activities for children ages 3 to 7. Prices start at \$9.99 per month, but you can get limited time offer of [50 percent off an annual plan](#).

7. TakeLessons

Online learning platform [TakeLessons](#) connects students of all ages with virtual tutors—that parents can choose based on previous reviews—who can help with schoolwork or extracurriculars like music, art, and even beatboxing. Classes are offered virtually or in-person and can either be one-on-one or taken in a group setting. Private classes are about \$20, while group lessons are \$19.95 a month.

8. Kitchen Classroom

Your little foodie will love [Kitchen Classroom](#) from [America's Test Kitchen](#). For youngsters between 3 and 8, your kiddo can try out new recipes (that are typically pantry-friendly so you won't have to shop for a ton of new stuff), experiments, and food quizzes for free—plus you can enjoy the treats as a family when it's ready!

9. Perfect Play

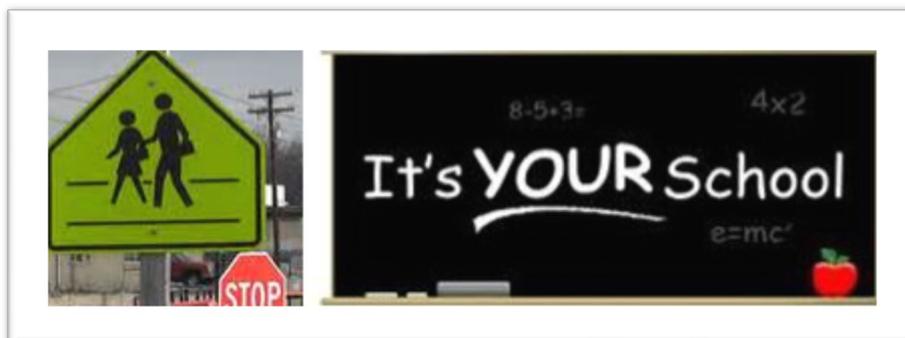
Looking for something a little less academic to keep the kids engaged? [Perfect Play](#), an app developed by Chelsea Football Club and Chelsea Digital Ventures, is a great way to keep soccer fans active after school. With training exercises, games, and tips from coaches and professional players, kids 9 and up can get in some soccer training—and time away from the devices—for \$14.99 per month.

10. IntelliBricks:

Currently there is a factor of intimidation for many students when facing science and math, which the national educational system has had a difficult time linking to the real world. However, by introducing STEM at a very young age with hand-on activities, real-world results, and plenty of socialization, [IntelliBricks](#) classes play a major role in widening students' comfort zones in dealing with STEM in higher grades as well as sowing a seed of interest in STEM in their everyday lives.

11. Lights Up Musical Theatre Schools

Your child can experience the joys and benefits of musical theatre by taking part in our programs led by our talented and experienced [Lights Up Musical Theatre Schools](#) staff. These classes are a unique introduction to our weekend musical theatre programs and provide students with an enriching, rewarding, and most of all, fun afterschool activity.





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BECOME A LIBRARY CHAMPION VOLUNTEER ONLINE!

NewToBC
The Library Link For Newcomers

Are you a **new immigrant** looking for:

- Canadian volunteer work experience?
- Online access to community and library resources?
- Better communication skills?
- More confidence?
- New friends and connections to community?
- A better understanding of your community?

The Library Champions Project offers all of these things and much more!

To be a Library Champion, you must:

- Want to volunteer
- Love libraries and helping other people
- Be comfortable using technology to connect with others online
- Be 19 years or older
- Be a permanent resident but NOT yet a Canadian Citizen

For more information, go to www.librarychampions.ca or call 604-437-8441

Partner by:  Immigration, Refugees and Citizenship Canada
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LIBRARY CHAMPIONS ONLINE

New Immigrants Helping Other New Immigrants

Burnaby Library Champions Project

Information Session
Burnaby Public Libraries
ONLINE Information Session via Zoom

Date: Monday, October 5, 2020
Time: 1:00 - 2:00 pm

To register, go to:
<https://newtobc.ca/library-champions-registration-burnaby-library/>
or visit www.newtobc.ca and click on the red "Register Here" button.





THE GO-GIRLS! PROGRAM IS NOW OFFERED ONLINE!

This is a fun, safe, virtual program for youth in grades 6 - 8 focused on connecting with peers and trained volunteer mentors in a group setting.

This program offers games, activities, and discussions around relevant topics such as: friendships, problem solving, active living, social media, and balanced eating.

 FREE

 VIRTUAL USING ZOOM

 MAKE FRIENDS

 GAIN CONFIDENCE & SELF-ESTEEM

This program is run through Big Sisters of BC Lower Mainland and is monitored by staff.



"GO-GIRLS! HAS TAUGHT ME HOW TO BE CONFIDENT AND STAND UP FOR MYSELF."

WANT TO REGISTER?

Contact Vanessa Gale at vgale@bigsisters.bc.ca or 604-836-2122




ECE PATHWAYS

2 FREE online classes/week

English Classes will be provided by a TESOL teacher

Sept 21 - Dec 18
Wed & Thurs, 12:30 - 2:30pm

Gain certificates in:

- Responsible Adult
- Food Safe
- First Aid

Registration requirements:

- At least 19 years of age
- Able to provide mature guidance to children
- Legally able to work in Canada

We welcome newcomer women with intermediate level English interested in working in the Early Learning field.

REGISTER: programs@pirs.bc.ca





Funded by:  WorkBC

Partner by:  Immigration, Refugees and Citizenship Canada

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Sparkling Imaginative Learning MAD SCIENCE ONLINE SCIENCE PROGRAM

For over 30 years, Mad Science has delivered unique, hands-on science experiences for children through our after-school programs, birthday parties, workshops, special events, and summer camps. As the leading provider of Fun Science programs for children ages 5-12yrs, our innovative programs are as entertaining as they are educational!

Mad Science of Greater Vancouver and BC Interior is excited to bring entertaining and engaging science education into your home this school year! Even through this time of uncertainty, Mad Science is continually striving to SPARK the IMAGINATION and CURIOSITY of children through fun science activities that will help them understand the science all around them. With multiple class times planned throughout the day, we have interactive, instructor-led programs available to suit your child's schedule.

Program Name: "Moving With Science"

Description: Children will put on their engineer's hats for this exciting program of science activities. Check out shapes and why they are so strong! Investigate arches, and geodesic domes. Also, find out how wedges, screws and levers help us with our daily lives. Use simple machines to complete different tasks like lifting weights and launching marshmallows. Moreover, children will become a Mad Science chemist as they discover how chemical reactions are everywhere and how they can figure out if a chemical change has occurred right before their very eyes. Furthermore, children will walk on the wild side of science and learn answers to questions such as: Where do owls live and what do they eat? How do some bugs walk on water? How do ants collect all their food? Lastly, kids will learn how a camera works, as they learn about lenses, human eyes, as well as how film captures light and stores an image!

Program Start Dates: Saturdays (October 3rd); Sundays (October 4th); Tuesdays (October 6th); Wednesdays (October 7th); Thursdays (October 8th)

Start Times: 3:30pm & 4:30pm (Tuesday-Thursday); 10:00am & 11:00am (Weekends)

Cost: \$120 including tax per student

Register Link: <https://vancouver.madscience.org/parents-register-a.aspx>

 ASSEMBLIES

 SPECIAL EVENTS

 AFTER-SCHOOL PROGRAMS

 VACATION & SUMMER PROGRAMS

 PRESCHOOL PROGRAMS

 BIRTHDAY PARTIES

 WORKSHOPS

vancouver.madscience.org



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PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR
SEPTEMBER 2020

Mon	Tue	Wed	Thu	Fri
1 9:30am - 10:30am Family Literacy Circle* (Week #5 of 8) 	2 10:00am - 11:30am Positive Discipline 6:00pm - 7:30pm Creating Routines for Connection and Learning	3 10:00am - 11:00am Changing Your Story (Part #1 of 2)	4 NO GROUPS 	
7 NO GROUPS STAT HOLIDAY 	8 9:30am - 10:30am Family Literacy Circle* (Week #6 of 8) 10:30am - 11:30am Circle Time: PJ Party! *	9 6:00pm - 7:30pm Coping With Transitions: Starting Preschool or Kindergarten	10 10:00am - 11:00am Changing Your Story (Part #2 of 2) 1:00pm - 2:00pm Helping Kids with Preschool and Kindergarten Sleep Transitions	11 NO GROUPS 
14 9:30am - 10:15am Little Dreamers Story Time* (Week #5 of 6) 10:30am - 12:00pm Building Self-Esteem in Young Children 	15 9:30am - 10:30am Family Literacy Circle* (Week #7 of 8) 10:30am - 11:30am Circle Time: Animals! *	16 10:00am - 11:30am Emotional Reactivity: Learning to Think Before You Act 6:00pm - 7:30pm Fall Activities to do From Home	17 NO GROUPS 	18 NO GROUPS 
21 9:30am - 10:15am Little Dreamers Story Time* (Week #6 of 6) 10:30am - 12:00pm Understanding Your Child's Temperament 	22 9:30am - 10:30am Family Literacy Circle* (Week #8 of 8) 10:30am - 11:30am Circle Time: Goodbye Summer! *	23 10:00am - 11:30am The Negative Side to Rescuing Our Children 6:00pm - 7:30pm When Friends Won't Share	24 10:00am - 11:30am Attachment Parenting: What is it and Why is it Important? 	25 NO GROUPS 
28 9:30am - 10:30am Let's Talk About... Our Bodies* 	29 9:30am - 10:30am Circle Time* 	30 10:00am - 11:30am Socially Skilled: Building the Foundation for Social Intelligence 6:00pm - 7:30pm The Waiting Game: Encouraging Self-Regulation in Young Children 		

These groups are for Burnaby and New Westminster residents with one or more children under the age of 5 years old.
ALL EDUCATIONAL GROUPS WILL INCLUDE ADDITIONAL TIME AT THE END OF EACH GROUP FOR QUESTIONS AND DISCUSSION

'intheknow'

Information and Support

For families and caring adults who are parenting a child or youth with mental health challenges.

IN THE KNOW PROVIDES EXPERT SPEAKERS ON TOPICS IMPORTANT TO FAMILIES. CONNECT AND LEARN WITH OTHER FAMILIES FOR AN ONLINE DISCUSSION - JOIN BY COMPUTER OR PHONE.

Parenting when Anxiety Shows Up as Anger

Join us as we answer questions families have asked about the relationship between anger and anxiety. We'll share experiences and strategies that can help in hard moments and focus on strengthening our relationship with our children and youth when those have passed.

Registration Required:
<https://calculus.com/online-services/parenting-when-anxiety-shows-up-as-anger>

Communities: Burnaby, New Westminster, & Tri-Cities
 Cost: Free of Charge
 Date: Tuesday, September 15, 2020 | 7:00 - 8:30 PM

Connect and learn with other families for this online discussion. We will watch the video and talk about it together. Discussion facilitated by FamilySmart Parent in Residence.

familysmart.ca







Parenting in the Middle Years (using Zoom)

Tuesdays 1-2:30, Sept 29- Nov 3, 2020

'Parenting in the Middle Years' is a supportive and educational series for parents of children ages 6 to 12 years. Topics covered include: understanding middle childhood development, encouraging social-emotional competency, responding to school and family life challenges – bullying, covid concerns, anxiety, fostering positive peer relationships, understanding temperament, and strategies for effective positive discipline and guidance in the middle years will be covered. Parenting styles and coping with the stresses and strains of parenting during a pandemic will also be included. The goal of this series is to provide parents with a forum to learn, to share and to discuss information and strategies to enrich their parenting experience and foster the parent-child relationship. **PRE-REGISTRATION REQUIRED. SPACE LIMITED.** Contact by phone: 778 -782-3548 or email to: info@informationchildren.com